

- Spreads or jams containing whole fruit pieces, pips or peel
- Vegetable juices and drinks made with full fat milk and thick soups

What are 'clear fluids'?

- Water (fizzy or still), black tea and coffee (no milk), herbal tea, fizzy drinks, fruit squash (except blackcurrant), Bovril, fruit juice without bits and clear soup.

Two days before your test

- At **6.00pm** take 2 Bisacodyl tablets with a glass of water.
- Frequent loose bowel motions start any time after, so ensure that you have access to a toilet.
- Continue the low fibre diet until after your test; you may clear fluids.

The day before your test

- **Do not eat any solid food or milk products after breakfast.**
- From breakfast until after the procedure drink plenty of 'clear fluids' (see below), preferably water, and avoid all other fluids.
- At **8.00am** take 2 Bisacodyl tablets with a glass of water.

- At **6.00pm** take 2 Bisacodyl tablets with a glass of water.

On the day of the test

- **Drink clear fluids only.** Don't consume anything (even clear fluids) within two hours of your appointment.

Questions and queries

If you have any questions regarding the information or instructions in this leaflet, please call the department:

- To cancel or change an appointment call our administrative team on 01225 821412.
- To discuss your appointment or ask questions about the preparation and medications call the nursing team on 01225 821425 or 01225 821788.

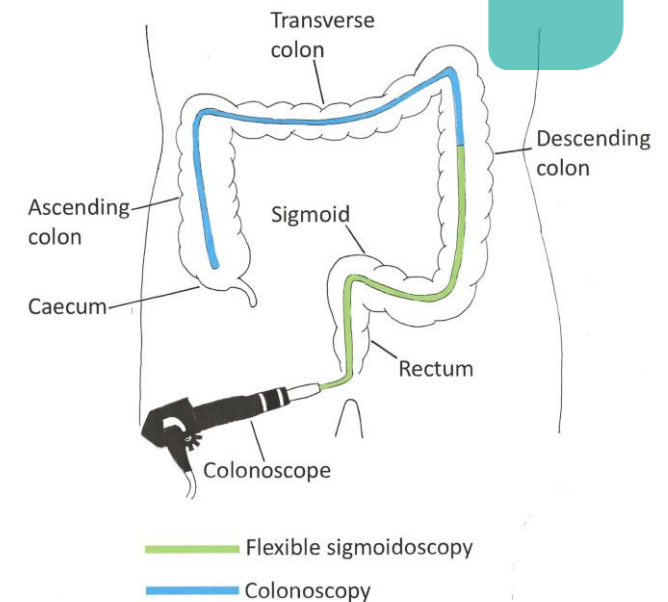
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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email: ruh-tr.pals@nhs.net or telephone 01225 825656.

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Bisacodyl preparation for a flexible sigmoidoscopy

Read this information carefully at least three days in advance of your flexible sigmoidoscopy



Introduction

Bisacodyl preparation cleans the last part of the large bowel (colon), so a flexible sigmoidoscopy examination can be performed. To ensure a clear view, it is important that you follow the dietary and bowel preparation instructions for three days; unfortunately you may need a repeat test if your bowel isn't clear.

What is bisacodyl?

Bisacodyl is a stimulant laxative. It can be used to treat constipation, and is also used for bowel preparation.

What are the alternatives?

The specialist who arranged your procedure has determined Bisacodyl bowel preparation is the most appropriate for you. Alternatively, preparation is with an enema, a fluid inserted in the rectum through the anus (back passage).

Are there any side effects?

Bisacodyl tablets cause frequent bowel movements any time after taking a dose.

It is common to experience some abdominal cramping and nausea; uncommon side effects include vomiting or rectal bleeding.

Your bottom may become sore due to the number of times you use the toilet; apply an over the counter barrier cream or Vaseline to help relieve this.

What if I am pregnant or have had a past reaction?

Do **not** take this medication if you are pregnant or have had a reaction or side effect from Bisacodyl in the past; please contact the endoscopy nursing team on 01225 821425 or 01225 821788.

Preparation

When do I start preparation?

Preparation starts **three days before** your flexible sigmoidoscopy with a strict change to the **low fibre diet** described below. You can drink additional **clear fluids** throughout the three days; this ensures the bowel is adequately cleansed and helps to prevent dehydration.

Low fibre diet – foods allowed

- White meat e.g. chicken or turkey
- Fish e.g. cod, plaice, hoki or smoked haddock
- Quorn, tofu
- Poached, boiled or scrambled eggs

- Cheese and butter
- Foods made from white flour e.g. white bread, rolls, pitta bread, meringues, and plain biscuits, cakes or scones
- Mashed or boiled potatoes *without any skin*
- White pasta and white rice
- Rice crispies, cornflakes, special K
- Plain yoghurt (no fruit)
- Semi skimmed or skimmed milk
- Other: salt, pepper, vinegar, mustard, gelatine, salad cream, mayonnaise

Foods to avoid on low fibre diet

- Red meat, pink fish
- Fruit, vegetables, salads
- Dried fruits, nuts and seeds
- Lentils, pulses, peas or beans
- All foods made with wholemeal flour e.g. digestives, oatcakes, wholemeal bread or bread with seeds
- Crisps and other high fat snack foods
- Wholemeal pasta and brown rice
- Chocolate or sweets containing nuts or fruit and jelly